

## **The City of Long Beach Tobacco Education Program**

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*You can help us make Long Beach a healthier smoke-free city!!!*

**About the Health Promotion/Tobacco Education Program**

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The California Department of Health Services has designated the Long Beach Health Promotion/ Tobacco Education Program (TEP) as a Local Lead Agency for the development, implementation, and evaluation of a Comprehensive Tobacco Control and Education Plan for the City of Long Beach. Since 1989 the TEP has been allocated over \$4 million of State Proposition 99 funds which are generated from the \$.25 tax on tobacco products. In 2001, The City of Long Beach Department of Health and Human Services, Health Promotion/ Tobacco Education Program was awarded funds from the Los Angeles County Board of Supervisors to conduct Tobacco Master Settlement Agreement (MSA) activities in the City of Long Beach through June 2002. TEP's Work Plan focuses on:

- Working to prevent youth from using tobacco products;
- Helping protect families, children and employees from secondhand smoke;
- Providing tobacco educational information and presentations;

- Educating businesses and the general public about tobacco control laws and regulations;
- Receiving and monitoring complaints about violations of the Long Beach Smoking Ordinance and other tobacco control laws and regulations;
- Providing free or low-cost stop smoking/cessation classes and referrals to help smokers to quit;

## How to Reach Us/Comments

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**Office Hours:** Monday – Friday 8:00 a.m.- 5:00 p.m.

**Address:** 1240 E. Wardlow Road, Long Beach, CA 90807

**Phone:** (562) 570-8508

**Fax:** (562) 570-8517

**Website address:** [www.ci.long-beach.ca.us/health/tobacco](http://www.ci.long-beach.ca.us/health/tobacco)

## How to File a Complaint/Report Smoking Complaints and Violations

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To make a complaint or report a violation of the Long Beach Smoking Ordinance which prohibits smoking in all ENCLOSED PUBLIC PLACES in the City of Long Beach or other violations of tobacco laws, please call the Health Promotion/Tobacco Education Program (TEP) at (562) 570-8508.

## Summary of Tobacco Control Laws and Regulations

### NO SMOKING IN ALL ENCLOSED PUBLIC PLACES



Prohibits smoking in all enclosed public places, workplaces, restaurants, hospitals, health and childcare facilities. (*Long Beach Municipal Code, Chapter 8.68*)



Prohibits smoking in all bars, restaurant/bar combinations, taverns and gaming clubs in California. There are no exceptions for these establishments in Long Beach. **(CA Labor Code 6404.5)**



Prohibit cigarette vending machines in all places except where persons under 21 are not allowed. The vending machine must be placed at least 15 feet from the entrances. **(Long Beach Municipal Code, Chapter 5.30)**

**NEW**

### **SMOKE-FREE PLAYGROUNDS AND TOT LOT SANDBOXES**



No smoking is allowed in PUBLIC playgrounds and tot lot sandboxes in California. This includes public school playgrounds and all City, county, and state playground areas. Also, prohibits the disposal of cigar and cigarette butts in these areas. **(CA Health and Safety Code 104495)**



**In Long Beach, no smoking is allowed within 25 feet of playgrounds and tot lot sandboxes. This is stronger than the state law!** **(Long Beach Municipal Code, Chapter 8.68.021)**

**NEW**

### **SELF SERVICE TOBACCO DISPLAYS ARE BANNED**

- Requires that all cigarettes must be located behind the counter, out of the reach of children. **(CA Business and Professions Code 22962)**

**NEW**

### **“BIDI” CIGARETTES**

- Prohibits the sale of bidis in any business, except those that prohibit minors such as tobacco shops and bars. **(CA Penal Code Section 308.1)**

**NEW**

### **MINIMUM CIGARETTE PACK SIZE**

- No sales of single cigarettes or “loosies.” All cigarettes must be sold in packages of at least 20. This makes it harder for kids to buy single cigarettes that are cheaper and easier to purchase which often encourages them to start smoking. **(CA Penal Code Section 308.3)**

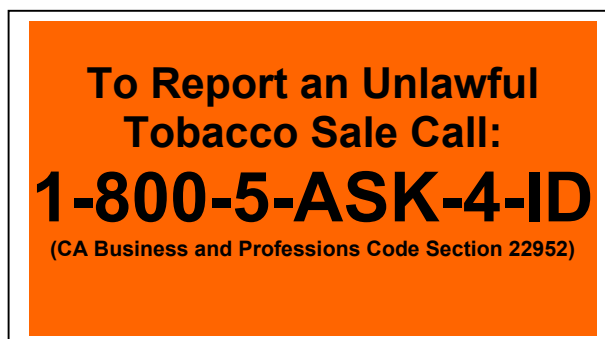


## **TOBACCO PRODUCT SAMPLES AND COUPONS**

- NO distribution of “free” or low cost tobacco products, coupons, coupon offers and rebate offers on public grounds which includes liquor stores, markets, min-marts, etc... (*CA Health and Safety Code 118950*)

## **Stop Tobacco Access to Kids Enforcement Act (STAKE Act)**

- Requires businesses to post ID warning signs at counters and on cigarette vending machines
- Store clerk must check ID of anyone appearing to be under 18.
- *Requires retailers to locate cigarettes behind the counter.*



[Want to Quit Smoking?](#)

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## **Stop Smoking/Cessation Helpline**

**If you or someone you know wants to quit smoking call the  
California Smokers' Helpline at 1-800-NO-BUTTS**

(The information below are links to their corresponding file – PDF or word format files)



Stop smoking/cessation services available in the City of Long Beach



Tips to Quit Smoking



Good News for all cigarette smokers

You might think that it's too late to quit smoking, but here is some good news from the American Cancer Society. As soon as you stuff out the last cigarette, your body will begin a series of physiological changes for the better. Click here and find out the benefits of quitting smoking.

- ☺ **Within 20 minutes:** Blood pressure, body temperature and pulse rate will drop to normal
- ☺ **Within 24 hours:** Chance of heart attack decreases.
- ☺ **Within 1 year:** Excess risk of coronary heart disease is half that of a person who smokes.
- ☺ **Within 2 years:** Heart attack risk drops to normal
- ☺ **Within 5 years:** Lung cancer death rate for average former pack-a-day smoker decreases by almost half. Stroke is reduced. Risk of mouth, throat and esophageal cancer is half that of a smoker.

[How to get involved?](#)

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## Coalition For a Smoke Free Long Beach

The mission of the Coalition for a Smoke Free Long Beach is “to promote a tobacco-free Long Beach”. The Coalition is a diverse group of community volunteers committed to promoting tobacco-free healthy lifestyles.

**Highlights:**

Over the past decade, our dedicated Coalition members worked with TEP on various activities that promote a tobacco- free Long Beach:

- Strengthened the Long Beach Local No Smoking Ordinance (1994)
- Operation Storefront (1996)
- Window signage issues (1997)
- Educated family members, community organizations, and the general public about secondhand smoke issues and the harmful effects of tobacco and smoking
- Assisted TEP in conducting bar and park surveys for compliance with local and state tobacco control laws and regulations
- Attended Stop smoking /cessation training
- Conducted stop smoking/ cessation classes at their facility sites.
- Conducted various local community tobacco activities and outreached to multi-ethnic and multi-cultural populations
- Participated on the “Communities of Excellence” Task Force and assisted TEP in developing the City of Long Beach Work plan for 2001-2004.
- Educated businesses and the public about tobacco control regulations.

If you or someone you know wants to get involved in the Coalition for a Smoke Free Long Beach, call the Tobacco Education Program at (562) 570-8508.

## Important Phone Numbers

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- If you or someone you know wants to quit smoking call:
  - **California Smokers' Helpline**  
**1-800-NOBUTTS**  
(1-800-662-8887)
- To report illegal sales of tobacco to minors under 18 years of age call:  
**California STAKE Act Report Line**  
**1-800-5-ASK-4-ID**  
(1-800-527-5443)
- To make a complaint about smoking in a public place, workplace, restaurant or bar in Long Beach call:
  - **(562) 570-8508**

## Did you know that .....

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- Smoking is the **number one preventable cause** of premature disease and death in the United States.
- Smoking related diseases kill more than 435,000 people each year. That's approximately the population of Long Beach.
- Smoking kills more Americans each year than alcohol, illegal drugs, homicide, suicide, car accidents, fires and AIDS *combined*.
- Tobacco contains more than 4,000 chemicals such as acetone (nail polish remover), ammonia (toilet cleaner), and tar (road pavement).
- Smoking one cigar is the same as smoking 10-15 cigarettes.
- Children who live in a non-smoking environment are less likely to get asthma, colds, and ear infections.
- Secondhand smoke is responsible for up to 300,000 serious respiratory illnesses in infants and children each year.

- Sudden Infant Death Syndrome (SIDS) is more common among babies who are exposed to secondhand smoke.